

FITNESS & WELLNESS CLASSES AT THE HENRICO TRAINING CENTER

JANUARY & FEBRUARY 2025

**County Holidays
(No Classes)**
Jan. 1 & 20
Feb. 17

**All-Employee
Classes**

**Public Safety
Only Classes**

Wellness Classes

Different location

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 7:15		Foundations Joey		Foundations Joey	Fit In 45 Ayse
6:45 - 7:45	DOF Recruit Academy/Josh	DOF Recruit Academy/Josh		DOF Recruit Academy/Josh	DOF Recruit Academy/Josh
8:30 - 9:15		Weight Room Training/Ayse			Weight Room Training/Ayse
9:30-10:15	Fit Plus Ayse		Fit Plus Ayse	Fit Plus Ayse	
10:30-11:30	COD3 Josh	COD3 Joey	COD3 Josh	COD3 Josh	COD3 Joey
11:45-12:30	Hard Drive Ayse	Foundations Joey	Step & Core Liz	Long & Lean Sydney	Friday Ayse
12:15 - 1:15	Henrico Wellness Academy (reserve your seat in these classes by contacting Sydney Douglas, dou065) January 8: Power Up Your Breakfast, Human Services Building demo kitchen (8600 Dixon Powers Drive) February 12 : Dealing with Sleep Issues with an Anthem EAP Trainer, Henrico Training Center				
12:30-1:15		Fit Plus Josh	Fit Plus Josh	Fit Plus Josh	
1:00 - 1:45	Jump into Exercise Ayse		Jump into Exercise Ayse	Jump into Exercise Ayse	
3:45 - 4:30	Beginner Strength Fit Plus/Sydney		Beginner Strength Fit Plus/Sydney		
4:30 - 5:00			4:30 - 5:00 PM Fitness Orientation		
4:45 - 5:45	Insanity Ayse	Basic Step (1/14 & 28, and 2/11 & 25) Zumba (1/7 & 21, and 2/4 & 18)	Core & Sculpting Ayse	Run Fit/Walk Fit Ayse	
5:00 - 6:00		Pilates Flow Sydney		Restorative Yoga Romy	

HPD - BPA #83
PT Schedule*

January 14, 15, 16,
17, 21, 22, 23, 24,
27, 28, 29, 30, 31

February 4, 5, 7,
10, 11, 21, 24

*Check with HPD
Academy Staff or
the Fitness & Wellness
Office for time and
location.

Employee participation in fitness programming is voluntary. General Government & HCPS employees who elect to participate do so on their own time. All employees are responsible for discussing the use of leave time with their supervisor before participating in a fitness program. Divisions of Fire and Police have separate policies for sworn personnel. Please clarify such policies with your Division's Personnel Office.

Fitness Class Descriptions

January – February 2025

Basic Step: A low-impact basic step aerobics workout designed to strengthen and tone all lower body muscles. Instructor: Liz Stovall

Beginner Strength Fit Plus: Small group fitness training for beginners and those looking to jump into a fitness routine with proper form and technique. The class focuses on using major muscle groups while minimizing joint impact. Instructor: Sydnei Douglas.

COD3 (*Public Safety Sworn Personnel Only*): This class is designed to maximize peak physical fitness for tactical operations. It focuses on building strength, stamina, and operational toughness. Instructors: Josh Gaskins and Joey Pacelli

Core & Sculpting: The class focuses on strengthening all your major muscle groups through strength training and stabilizing the muscles that make up your core (abdominals, back, hips, glutes, inner thigh). A strong core can improve posture and daily functional movement. Instructor: Ayse Mazicioglu

Fit in 45: This class is a full-body workout using various types of circuit training like free weights, benches, Bosu balls, core work, and mostly bodyweight exercises. This challenging cardiovascular workout focuses on total body strength as well as endurance. Instructor: Ayse Mazicioglu

Fit Plus: Small group fitness training emphasizing technique, motivation, and fitness goal attainment. Instructors: Ayse Mazicioglu, Josh Gaskins, and Sydnei Douglas

Foundations: A strength class focusing on functional movements. Perfect for those new to strength training. Instructor: Joey Pacelli

Friday: Build muscle through different exercises with free weights and bodyweight work. Finish your work week and start your weekend stronger with this full-body strength class. Instructor: Ayse Mazicioglu

Hard Drive: Hard Drive is a heart-pounding, muscle-pumping, sweat-pouring, total body workout designed to produce stronger, fitter you. You will get full-body conditioning with strength and cardio intervals. Instructor: Ayse Mazicioglu

Insanity: This 60-minute fast-paced class is a challenging and unique blend of aerobic and anaerobic conditioning, calisthenics, strength, and endurance training. Instructor: Ayse Mazicioglu

Jump into Exercise: Ignite your passion for fitness! Enhance your cardiovascular health and build strength utilizing exercise equipment in the Multi-purpose and Weight Rooms. Reach out to the instructor for more information and take the first step toward a healthier you! Instructor: Ayse Mazicioglu

Long and Lean: Build strength and sculpt long, lean muscles by performing dynamic functional movements that target the core, legs, and upper body. This class will help you refine your form by practicing mindfulness and control with each movement. Instructor: Sydnei Douglas

Pilates Flow: This class emphasizes core strength, balance, and body awareness to enhance functional movement. Instructor: Sydnei Douglas

Restorative Yoga: The combination of gentle and restorative yoga work improves range of motion, and joint mobility while reducing pain and the effects of stress. Utilizing long, passive holds allows the muscles to relax, the brain to quiet, and the spirit to experience peace and restoration. This class is for all levels, including those new to yoga or recovering from injury or illness. Feel free to bring a blanket, throw, or spare pillow for further support. Instructor: Romy Sharieff

Run Fit and Walk Fit: Designed to improve fitness, increase energy, and reduce health risks through running and walking. Bring water and wear athletic shoes. The group meets at the Training Center in the main lobby. Instructor: Ayse Mazicioglu

Step and Core: Improve cardiovascular endurance and fitness with this enjoyable, dynamic low-impact aerobics step workout suitable for all fitness levels. Participants will learn basic step exercises and perform them to energizing music. Instructor: Liz Stovall

Weight Room Training: Learn how to use weight room equipment to improve strength and cardiovascular fitness levels with a staff fitness trainer. Employees can also use this time to make up a Fit Plus training session. Three participants per session. Contact the instructor for more information. Instructor: Ayse Mazicioglu

Zumba®: A fun and upbeat dance class to music from around the world, creating an exciting exercise environment. Suitable for all fitness levels, participants can enjoy a sweaty and energetic workout while having fun. Instructor: Candice Braxton